What is claimed is:

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- A wearable inhalation filter for a user to wear in her or his nostrils, comprising:
- a) two nose rings that are inserted into the nostrils;
- b) a bridge that connects the nose rings;

 wherein each of the nose rings comprises a filter

 assembly for filtering air being inhaled, and

 wherein the length of the bridge between the two

 nose rings is adjustable.
 - 2. The wearable inhalation filter of claim 1, wherein the filter assembly comprises a filter web, wherein the filter web comprises a physical filter layer that comprises a plurality of pores.
 - 3. The wearable inhalation filter of claim 2, wherein the filter web has a corrugated shape.
- 20 4. The wearable inhalation filter of claim 2, wherein the size of the pores is in a range from about four $(4)\mu \text{ to about twenty five (25) }\mu.$
- 5. The wearable inhalation filter of claim 4, wherein the size of the pores is about ten (10) μ .

- 6. The wearable inhalation filter of claim 2, wherein the filter web protrudes out of the nose ring.
- 5 7. The wearable inhalation filter of claim 6, wherein the filter webs for the two nose rings are integrated into a single filter web.
- 8. The wearable inhalation filter of claim 2, wherein the filter web wraps around the nose rings and the bridge.
- The wearable inhalation filter of claim 2, wherein the filter web further comprises a chemical filter layer.
 - 10. The wearable inhalation filter of claim 9, wherein the chemical filter layer comprises active carbon.
- 20 11. The wearable inhalation filter of claim 2, wherein the filter assembly further comprises a filter ring, wherein the filter ring holds the filter web, wherein the filter ring is detachably attached to the nose ring.

- 12. The wearable inhalation filter of claim 11, wherein the filter ring is received in a circular groove provided on the nose ring.
- 5 13. The wearable inhalation filter of claim 2, wherein the filter assembly further comprises one or more mesh layers that are adjacent to the filter web.
- 14. The wearable inhalation filter of claim 13, wherein the mesh layers are plated with silver.
 - 15. The wearable inhalation filter of claim 1, wherein the bridge has two end connectors and a bridge body between the two end connectors, and wherein the end connector connects the bridge body to the nose ring.
 - 16. The wearable inhalation filter of claim 15, wherein the end connector is rotatably attached to the nose ring.

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17. The wearable inhalation filter of claim 16, wherein the end connector can adjust its length between the nose ring and the bridge body.

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18. The wearable inhalation filter of claim 17, wherein the end connector comprises a plurality of circular teeth along the length of the end connector, wherein the nose ring comprises a hole and the hole comprises a circular projection, and wherein the two adjacent circular teeth of the end connector engage with the circular projection of the nose ring.

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- 19. The wearable inhalation filter of claim 15, wherein the length of the bridge body is adjustable.
 - 20. The wearable inhalation filter of claim 19, wherein the bridge body comprises a first bar and a second bar, wherein the second bar comprises a slide hole into which the first bar can slide.
- 21. The wearable inhalation filter of claim 20, wherein the first bar comprises a length adjusting projection, wherein the slide hole comprises a plurality of length adjusting holes, and wherein the length adjusting projection engages with one of the length adjusting holes.
- 22. The wearable inhalation filter of claim 1, wherein the nose ring is made of flexible material.

- 23. The wearable inhalation filter of claim 22, wherein the nose ring is made of silicone.
- 5 24. The wearable inhalation filter of claim 1, wherein the nose ring further comprises a plurality of breath holes.
- 25. The wearable inhalation filter of claim 1, further
 10 comprising two holding members that partially surround the nose rings.